WHAT IS CLAIMED IS:

- 1. A scissor lift mechanism comprising at least two scissor elements connected in pairs at a swivel axis situated between end sections of the scissor elements, a drive for raising or lowering the scissor elements via a traction member attached to the scissor lift mechanism, and at least one coupling bridge with two swivelable thrust struts each connected to a respective scissor element by a pivotable connection, wherein the coupling bridge carries at least one reversing roller for the traction member.
- 2. A scissor lift mechanism according to claim 1, wherein the scissor lift mechanism has two coupling bridges arranged on opposite sides of the swivel axis, one of said coupling bridges carrying the at least one reversing roller, and the traction member being attached to the other of said coupling bridges.
- 3. A scissor lift mechanism according to claim 2, wherein the swivel axis and the coupling bridges are arranged in a common plane.
- 4. A scissor lift mechanism according to claim 3, wherein said common plane is a horizontal plane.
- 5. A scissor lift mechanism according to claim 2, wherein the traction member is guided back and forth along a plurality of generally parallel paths between the two coupling bridges by a plurality of reversing rollers arranged on the two coupling bridges.
- 6. A scissor lift mechanism according to claim 5, wherein the generally parallel paths of the traction member are arranged one above another.

7. A scissor lift mechanism according to claim 1, wherein the thrust struts define equal spacings between between the coupling bridge and the respective scissor elements to which the thrust struts are attached.

- 8. A scissor lift mechanism according to claim 1, wherein a plurality of traction member arranged generally parallel to one another are wrapped around the reversing rollers in opposite directions.
- 9. A scissor lift mechanism according to claim 1, wherein at least a portion of the traction member is in the form of a flat belt.
- 10. A scissor lift mechanism according to claim 1, wherein the lift mechanism comprises a plurality of pairs of scissor elements arranged in a modular fashion.
- 11. A scissor lift mechanism according to claim 1, wherein the lift mechanism comprises a plurality of traction member operated by a common drive.
- 12. A scissor lift mechanism according to claim 2, wherein the two coupling bridges are interconnected by a guide element which is continuously adjustable in length.
- 13. A scissor lift mechanism according to claim 12, wherein said guide element is constructed as a damping element or an emergency brake.
- 14. A scissor lift mechanism according to claim 1, wherein the drive is disposed on the coupling bridge.
- 15. A scissor lift mechanism according to claim 1, wherein the drive is connected to a winding drum for the traction member, and the winding

diameter of the drum is determined as a function of the thickness of the traction member such that a constant rotational speed of the winding drum leads to a substantially constant change in lift height of the lift mechanism.